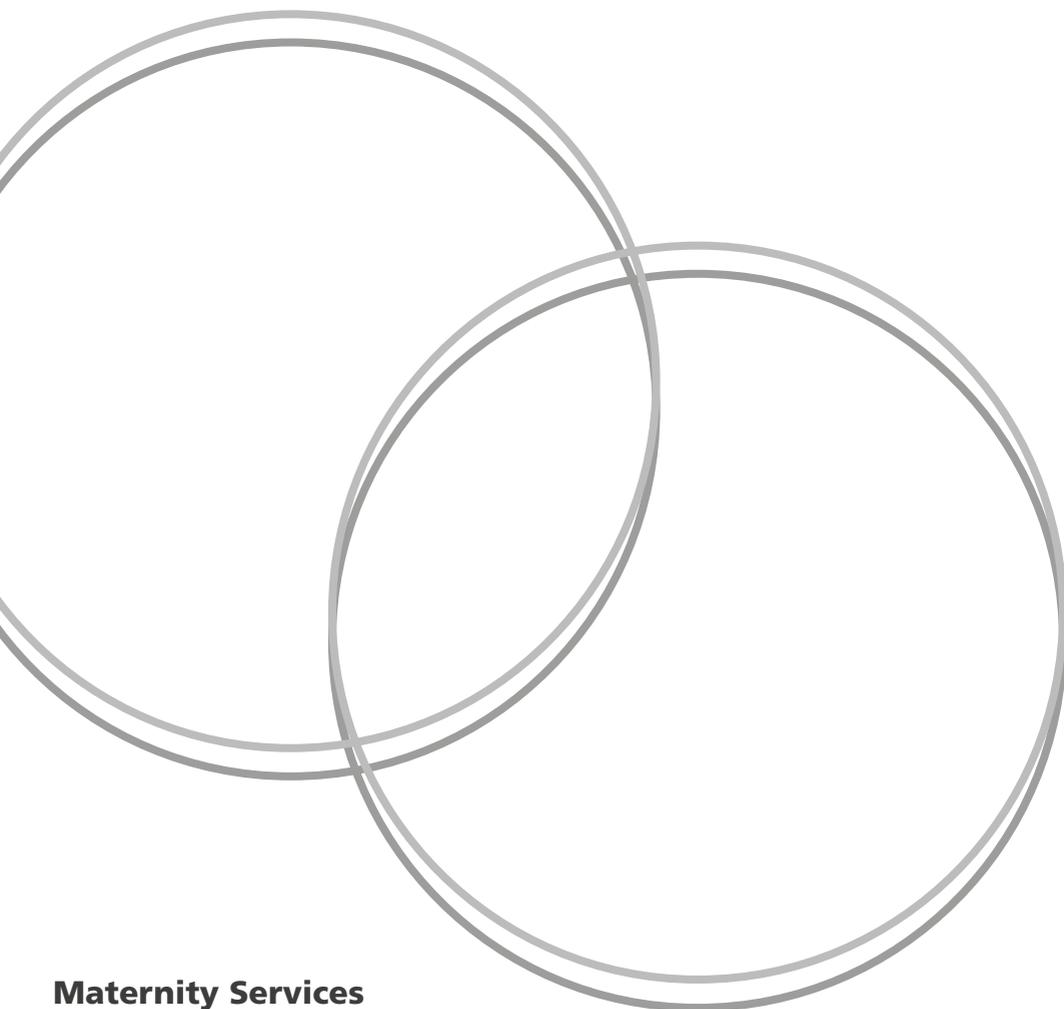




Oxford University Hospitals
NHS Foundation Trust

Gestational Diabetes

Postnatal information leaflet



Maternity Services

What happens next?

If you have had gestational diabetes that has been treated with insulin or tablets during pregnancy, you do not need to take the medication once you have given birth to your baby.

Before you go home from hospital, you will be asked to continue to monitor your blood glucose levels 4 times a day for 48 hours. This is to ensure your blood glucose levels are within a normal range without medication. If your blood glucose levels remain high, the doctors or diabetes specialist midwife will discuss a plan of care with you before you are discharged home.

We will write to your GP and request that they invite you to have a fasting blood glucose test approximately 6 weeks after you have given birth. Alternatively, you can have a HbA1c (a blood test that shows what your blood glucose levels have been over the previous 12 weeks). The HbA1c blood test should be performed 3 months after the birth of your baby. For most people, gestational diabetes goes away after the birth of their baby, however a few people will need to continue with treatment.

What will happen longer term?

If you become pregnant again, it is likely that you will develop gestational diabetes during your pregnancy. Therefore, we recommend that you have a glucose tolerance test (GTT) soon after your booking appointment with your community midwife, at approximately 10 to 12 weeks of pregnancy. If this is normal, we will offer to perform a repeat GTT at between 24 to 28 weeks of pregnancy.

If you have had gestational diabetes in a previous pregnancy there is approximately a 1 in 2 chance of developing diabetes later in life. Therefore, we recommend that you have a HbA1c blood test every year with your GP.

You can also self-refer to the Diabetes Prevention Programme using this link:

Website: www.england.nhs.uk/diabetes/diabetes-prevention

The diabetes prevention programme is an online educational tool that provides information on things you can do to help reduce your chance of developing diabetes in later life. Your GP can also refer you to this programme.

Detecting diabetes or early signs of diabetes, can help prevent complications developing during pregnancy and also means that you can receive early treatment, if needed.

What can I do to reduce the chance of developing diabetes in the future?

Some lifestyle choices will reduce your chances of developing diabetes in later life:

- **Weight** – Try to keep your body mass index (BMI) within the healthy weight range (try to stay a healthy weight for your height).
- **Exercise** – try to do some physical activity (that makes you breathless) for 30 minutes a day, at least 5 days a week.
- **Healthy food choices** – eating at least five portions of fruit and green leafy vegetables a day and cutting down on fatty, sugary and fried foods.
- **Breastfeeding** – research suggests that breastfeeding your baby reduces the chance of developing type 2 diabetes or may delay the onset of diabetes in the future.

Questions or concerns

If you have any questions or concerns, or need any further information, please contact the diabetes midwives:

Diabetes Midwives

Telephone: 01865 851 039

(8.00am to 5.30pm, Monday to Friday)

Email: Diabetes.midwives@oxnet.nhs.uk

Alternatively you can speak to your GP.

Further information can also be found on NHS Choices website:

Website: www.nhs.uk/conditions/diabetes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

We would like to thank the Oxfordshire Maternity Voices Partnership for their contribution in the development of this leaflet.

Author: Consultant Physician
September 2024
Review: September 2027
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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